

Health Benefit Checklist

Make sure your military health benefit works for you!

If you are new to Europe or have recently had a change in your family such as a move or new baby, there are some steps you need to take to ensure your health benefit information is up to date and working for you:

☒ **Verify Eligibility**

Have you recently updated your information in DEERS to ensure you remain eligible for TRICARE?

☒ **Check Your Coverage**

Are you covered by TRICARE Prime or Standard? Do you need dental coverage for your family?

☒ **Know How to Get Care**

What if you have an emergency? Where do you call to schedule a checkup? What do you do when you're traveling?

☒ **Find Help When You Need It**

Where do you go when you have questions about your military health benefit or need medical advice?

Need Answers?

See the other side to find out where to go.

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Verify Enrollment

- ☐ Ensure that your address is correctly listed in DEERS online at www.tricare.osd.mil/DEERS
- ☐ Contact your local ID Card facility at **INSERT NUMBER** to make other changes, such as adding or removing family members

Check Your Coverage

- ☐ **TRICARE Prime** is for Active duty families who want low costs, a Primary Care Manager and priority access to military medical facilities; enrollment is required
- ☐ **TRICARE Standard** gives you more choice, but higher out-of-pocket costs and space-available access to military medical facilities
- ☐ **Retirees** under 65 are covered under TRICARE Standard; retirees 65 or older must purchase Medicare Part B to qualify for TRICARE For Life
- ☐ **Military dental care** for overseas family members is offered on a space-available basis, so consider enrolling in the TRICARE Dental Program--go to www.tricaredentalprogram.com for details
- ☐ **Contact your TRICARE Service Center** for more information, to enroll in TRICARE PRIME or to get answers to your TRICARE questions: **INSERT NUMBER**

Know How to Get Care

- ☐ **On-base Emergencies:** Call **INSERT NUMBER**
- ☐ **Off-base Emergencies:** Call **INSERT NUMBER**
- ☐ **Nearest Emergency Room:**
INSERT FACILITY NAME HERE
INSERT LOCATION INFORMATION HERE
INSERT LOCATION INFORMATION HERE
INSERT PHONE NUMBER HERE
- ☐ **Appointment Line:** **INSERT COMM. NUMBER** or DSN: **INSERT DSN NUMBER**
- ☐ If you are planning a trip in Europe or the U.S. contact your TRICARE Service Center at **INSERT NUMBER** for important information

Find Help When You Need It

- ☐ For most questions about your military health benefit, your first call should be your local TRICARE Service Center: **INSERT NUMBER**
- ☐ For non-emergency medical questions after duty hours, call the TRICARE Nurse Advice Line 24/7: **INSERT NUMBER**
- ☐ For general information about your nearest military medical facility, call **INSERT NUMBER** or go to **INSERT WEB ADDRESS**
- ☐ For general information about your TRICARE benefit, go to www.europe.tricare.osd.mil

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